

Claims

- [c1] A suture anchor system, comprising:
a first suture anchor having at least one length of suture attached thereto; and
a second suture anchor having at least one length of suture attached thereto;
wherein each length of suture is coupled to one another such that a distance between the first and second suture anchors with respect to each other is selectively adjustable.
- [c2] The suture anchor system of claim 1, further comprising at least one slip knot formed on at least one of the first and second suture lengths, the slip knot being adapted to maintain the first and second suture anchors in a fixed position with respect to one another.
- [c3] The suture anchor system of claim 1, wherein the first suture anchor includes a first suture length attached thereto, and the second suture anchor includes a second suture length attached thereto, and wherein the first and second suture lengths are slidably connected to one another.

- [c4] The suture anchor system of claim 3, wherein the first and second suture lengths are slidably connected to one another by a third suture length extending therebetween.
- [c5] The suture anchor system of claim 4, further comprising at least one slip knot formed on at least one of the first, second, and third suture lengths, the slip knot being adapted to maintain the first and second suture anchors in a fixed position with respect to one another.
- [c6] The suture anchor system of claim 4, wherein the first, second, and third suture lengths each include a suture loop formed thereon, the suture loop on the first suture length being attached to the first suture anchor, and the suture loop on the second suture length being attached to the second suture anchor, and wherein the suture loop on the third suture length is connected to the suture loop on each of the first and second suture lengths.
- [c7] The suture anchor system of claim 6, wherein at least one of the suture loops includes a slip knot that enables adjustment of a size of the suture loop.
- [c8] The suture anchor system of claim 6, wherein the suture loop on each of the first and second suture lengths includes a slip knot formed thereon that enables adjust-

ment of a size of the suture loop, and wherein the third suture length comprises a suture loop having opposed terminal ends that are fixedly mated to one another.

[c9] The suture anchor system of claim 6, wherein the suture loop on each of the first and second suture lengths is formed from opposed terminal ends of the suture length being fixedly connected to one another, and wherein the suture loop on the third suture length includes a slip knot formed thereon that enables adjustment of a size of the suture loop.

[c10] The suture anchor system of claim 3, wherein the first and second suture lengths are connected to one another by a slip knot formed on one of the first and second suture lengths.

[c11] The suture anchor system of claim 10, wherein the first suture length includes first and second opposed terminal ends, the second terminal end being connected to the first suture anchor, and wherein the second suture length includes first and second terminal ends, the first terminal end being connected to a portion of the first suture length by a slip knot that allows the first terminal end of the second suture length to slidably move along the first suture length, and the second terminal end of the second suture length being connected to the second

suture anchor.

- [c12] The suture anchor system of claim 3, wherein the first suture length includes a suture loop formed thereon and coupled to a suture loop formed on the second suture length, the first suture loop being coupled to the first suture, and the second suture loop being coupled to the second suture anchor.
- [c13] The suture anchor system of claim 12, wherein the suture loop on each of the first and second suture lengths includes a slip knot formed thereon to allow a size of each suture loop to be adjusted.
- [c14] The suture anchor system of claim 12, wherein the suture loop on the first suture length includes a slip knot formed thereon to allow a size of the suture loop to be adjusted, and wherein the suture loop on the second suture length has a fixed size.
- [c15] The suture anchor system of claim 14, wherein the suture loop on the second suture length is formed from opposed terminal ends of the suture length being fixedly attached to one another.
- [c16] The suture anchor system of claim 1, wherein each suture anchor is slidably disposed on the suture length.

[c17] The suture anchor system of claim 1, wherein each suture anchor is fixedly disposed on the suture length.

[c18] A method for anchoring tissue, comprising:
inserting a first anchor member having a first suture length attached thereto through tissue to be repaired and into an anchoring tissue;
inserting a second anchor member having a second suture length attached thereto through the tissue to be repaired and into the anchoring tissue at a position spaced apart from the first anchor member by a selected distance, the second suture length on the second anchor member being adjustably coupled to the first suture length on the first anchor member; and
tensioning at least one of the first and second suture lengths to anchor the tissue to be repaired to the anchoring tissue.

[c19] The method of claim 18, further comprising at least one slip knot formed on at least one of the first and second suture lengths, the slip knot being adapted to maintain the first and second suture anchors in a fixed position with respect to one another.

[c20] The method of claim 18, wherein at least one of the first and second suture lengths is tensioned by pulling on a terminal end of the suture.

- [c21] The method of claim 18, wherein the tissue to be repaired is the meniscus of the knee.
- [c22] The method of claim 18, wherein the first and second anchor members are inserted through the tissue to be repaired and into the anchoring tissue arthroscopically.
- [c23] The method of claim 18, wherein the first and second suture lengths are slidably connected to one another.
- [c24] The method of claim 23, wherein the first and second suture lengths are slidably connected to one another by a third suture length extending therebetween.
- [c25] The method of claim 24, further comprising at least one slip knot formed on at least one of the first, second, and third suture lengths, the slip knot being adapted to maintain the first and second suture anchors in a fixed position with respect to one another.
- [c26] The method of claim 24, wherein the first, second, and third suture lengths each include a suture loop formed thereon, the suture loop on the first suture length being attached to the first suture anchor, and the suture loop on the second suture length being attached to the second suture anchor, and wherein the suture loop on the third suture length is connected to the suture loop on

each of the first and second suture lengths.

[c27] The method of claim 26, wherein at least one of the suture loops includes a slip knot, and wherein the step of tensioning comprises pulling a terminal end of the at least one suture loop that includes the slip knot to adjust the size of the at least one suture loop.

[c28] The method of claim 26, wherein the suture loop on each of the first and second suture lengths includes a slip knot formed thereon, and the third suture length comprises a suture loop having opposed terminal ends that are fixedly mated to one another, and wherein the step of tensioning comprises pulling a terminal end of each of the first and second sutures loops to adjust the size each suture loop.

[c29] The method of claim 26, wherein the suture loop on each of the first and second suture lengths is formed from opposed terminal ends of the suture length being fixedly connected to one another, and the suture loop on the third suture length includes a slip knot formed thereon that enables adjustment of a size of the suture loop, and wherein the step of tensioning comprises pulling a terminal end of the third suture loop to adjust the size of the third suture loop.

- [c30] The method of claim 18, wherein the first and second suture lengths are connected to one another by a slip knot formed on one of the first and second suture lengths.
- [c31] The method of claim 30, wherein the first suture length includes first and second opposed terminal ends, the second terminal end being connected to the first suture anchor, and wherein the second suture length includes first and second terminal ends, the first terminal end being connected to a portion of the first suture length by a slip knot that allows the first terminal end of the second suture length to slidably move along the first suture length, and the second terminal end of the second suture length being connected to the second suture anchor.
- [c32] The method of claim 18, wherein the first suture length includes a suture loop formed thereon and coupled to a suture loop formed on the second suture length, the first suture loop being coupled to the first suture, and the second suture loop being coupled to the second suture anchor.
- [c33] The method of claim 32, wherein the suture loop on each of the first and second suture lengths includes a slip knot formed thereon to allow a size of each suture

loop to be adjusted, and wherein the step of tensioning comprises pulling a terminal end of at least one first and second suture lengths to adjust the size of at least one of the first and second suture loops.

[c34] The method of claim 32, wherein the suture loop on the first suture length includes a slip knot formed thereon to allow a size of the suture loop to be adjusted, and the suture loop on the second suture length has a fixed size, and wherein the step of tensioning comprises pulling a terminal end of the first suture length to adjust the size of the first suture loop.

[c35] The method of claim 34, wherein the suture loop on the second suture length is formed from opposed terminal ends of the suture length being fixedly attached to one another.

[c36] The method of claim 18, wherein each suture anchor is slidably disposed on the suture length.

[c37] The method of claim 18, wherein each suture anchor is fixedly disposed on the suture length.